

Supplementary material

The experience of adults with multimorbidity: a qualitative study

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Supplementary Table 1 Significant statements.

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1. Chronic diseases: It's premature aging.
 2. Listing my chronic diseases brings a sense of... I'm really old.
 3. Anticipation of the loss of ability.
 4. Fear of pain.
 5. Fear of serious complications.
 6. Fear of being a burden, especially in a few years.
 7. The health problems that are most disruptive are those accompanied by pain.
 8. Adapting to health problems in my day-to-day life.
 9. Reorganizing my way of thinking and acting; reorganizing my activities to be able to do as many as possible.
 10. Uncertainty about my health status (deteriorating–stabilizing–improving).
 11. Not knowing to what extent it might be disabling.
 12. Having several chronic diseases makes one feel insecure.
 13. Diseases are always present and disruptive, in all activities.
 14. Management of complex polypharmacy.
 15. My condition requires discipline.
 16. Sometimes there are no words to express what I have.
 17. Feeling useless and diminished physically and morally.
 18. It never ends; there is always something new that appears.
 19. It's difficult to live with the sequence of diseases.
 20. Lots of stress influences my diabetes and my mood and that affects all my diseases.
 21. Sequence of events related to obesity: cholesterol, heart problems, diabetes, and sleep apnea.
 22. Symptoms of certain diseases exacerbate other chronic conditions.
 23. If I resolve my problem with food, I resolve many other problems at the same time.
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24. Following the treatment plan for one disease also improves other chronic conditions.
 25. Information about health status sometimes makes you feel more secure and sometimes less secure.
 26. Side effects of a drug to treat one disease lead to other health problems.
 27. Determining the origin of a sickness is difficult. Is this the consequence of medication or one of my existing diseases, or is this a new disease?
 28. The wheel turns. If I have edema, I go running less and that doesn't help my diseases.
 29. Taking another medication to counter the side effects of my current medication.
 30. It's not the disease that I'm fighting, it's the healthcare system.
 31. Proximity of services facilitates management.
 32. My diseases result in many appointments.
 33. Feelings of anger, disgust, and discouragement when I am limited by my diseases.
 34. Having diseases doesn't bother me; the biggest problem is losing weight.
 35. Many chronic diseases require many drugs.
 36. Drugs provide a feeling of security and that is very valuable.
 37. Impression of being a healthy patient because I control my illness with medication and healthy behaviors.
 38. Going out on the spur of the moment doesn't happen and that's difficult to accept.
 39. Emotions that arise when coping with health problems include feelings of powerlessness and not being in control.
 40. My family's help is essential for managing my treatments and medication.
 41. Fear of finding another spouse, because of my disease.
 42. Feeling that my friends ignore me because of my physical limitations and not feeling like everyone else.
 43. Each disease requires a period of adaptation and acceptance.
 44. Taking action to improve my health.
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Supplementary Table 2 Formulated meanings of significant statements.

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1. Chronic diseases symbolizing old age.
 2. Anticipation of the loss of ability and the unpleasant aspects of health problems.
 3. Diseases experienced differently depending on the presence or absence of pain.
 4. Adaptation to health problems in carrying out daily activities.
 5. Uncertainty related to the fluctuations of one's health status.
 6. Daily burden of chronic disease.
 7. Need for discipline.
 8. Psychological impact: stress, discouragement, frustration, low self-esteem.
 9. Caught in the sequence of several comorbid diseases.
 10. Interaction between various diseases.
 11. Improvements in health behaviors provide benefits to several diseases.
 12. The sometimes reassuring and sometimes unreassuring effect of information about one's health.
 13. Interaction between pharmacologic or non-pharmacologic treatments and disease.
 14. Iatrogenic health problem.
 15. Access to care is more problematic than the disease is.
 16. Burden of multiple medical visits.
 17. Frustration associated with the many limitations.
 18. Weight control is a challenge.
 19. Management of complex polypharmacy.
 20. Drugs provide a feeling of security and that is very valuable.
 21. Healthy patient through controlling the situation with medication and healthy behaviors.
 22. Barrier to going out.
 23. Feelings of powerlessness when coping with diseases.
 24. Need for support from family and health professionals in monitoring treatment.
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25. Decrease in social relationships.

26. Acceptance of the disease and its consequences.

27. When drugs are not enough; must make efforts in terms of food.
